

# Plate Method for Meal Planning

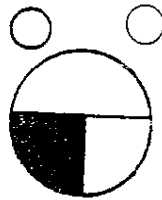
## Possible combinations

- 1/2 plate vegetable
  - 1/4 plate starch/grain
  - 1/4 plate meat
  - 1 piece fruit
  - 1 cup milk (optional)
- 1/4 plate vegetable
  - 1/2 plate starch/grain
  - 1/4 plate meat
  - 1 piece fruit
  - 1 cup milk (optional)

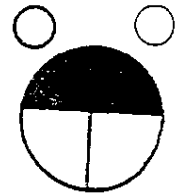
### Vegetables *(try to eat 3-5 servings per day)*



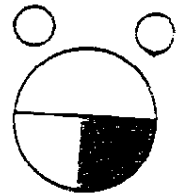
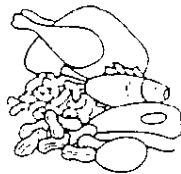
### Starches/Grain



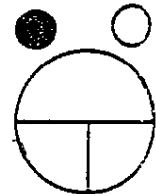
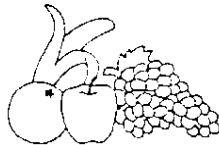
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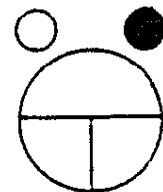
### Meats/Proteins



### Fruits *(try to eat 2 choices per day)*



### Milk



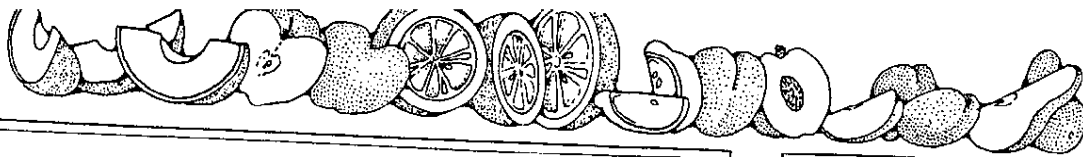
Did you know?

Stop eating when you are full

It takes 20 min. for your brain to tell your stomach it's full.

**WEEKLY FOOD RECORD**  
(Bring your completed food records to your next nutrition session.)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
SNACK							
EXERCISE							
STARCH							
MEAT							
FRUIT							
MILK							
VEGETABLE							
FAT							



### STARCH/BREAD

Each of these equals one starch/bread choice (80 calories)

You have 7/9 choices each day.

- 1/2 cup pasta or barley
- 1/3 cup rice or cooked dried beans and peas
- 1 small potato (or 1/2 cup mashed)
- 1/2 cup starchy vegetables (corn, peas, or winter squash)
- 1 slice bread or 1 roll
- 1/2 English muffin, bagel, or hamburger/hot dog bun
- 1/2 cup cooked cereal
- 3/4 cup dry cereal, unsweetened
- 4-6 crackers
- 3 cups popcorn, unbuttered, not cooked in oil

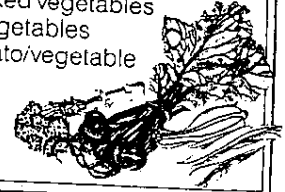


### VEGETABLES

Each of these equals one vegetable choice (25 calories)

You have 3/4 choices each day.

- 1/2 cup cooked vegetables
- 1 cup raw vegetables
- 1/2 cup tomato/vegetable juice



### MILK

Each of these equals one milk choice  
The calories vary for each choice.

You have 2-3 choices each day.

- 1 cup skim milk (90 calories)
- 1 cup lowfat milk (120 calories)
- 8-ounce carton plain lowfat yogurt (120 calories)



### MEAT AND SUBSTITUTES

2 or 5 oz/Day  
2 or 6 oz/Day

You have \_\_\_\_\_ choices each day.

Each of these equals one meat choice (75 calories)

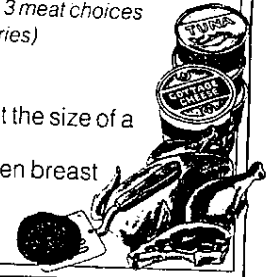
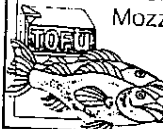
Each of these equals 2 meat choices (150 calories)

- 1 oz. cooked poultry, fish, or meat
- 1/4 cup cottage cheese
- 1/4 cup salmon or tuna, water packed
- 1 Tbsp. peanut butter
- 1 egg (limit to 3 per week)
- 1 oz. low-fat cheese, such as Mozzarella, ricotta

- 1 small chicken leg or thigh
- 1/2 cup cottage cheese or tuna

Each of these equals 3 meat choices (225 calories)

- 1 small pork chop
- 1 small hamburger
- cooked meat, about the size of a deck of cards
- 1/2 of a whole chicken breast
- 1 medium fish fillet

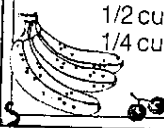


### FRUIT

Each of these equals one fruit choice (60 calories)

You have 3 choices each day.

- 1 fresh medium fruit
- 1 cup berries or melon
- 1/2 cup canned in juice or without sugar
- 1/2 cup fruit juice
- 1/4 cup dried fruit

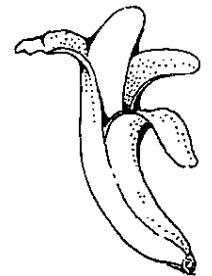


### FAT

Each of these equals one fat choice (45 calories)

You have 4/5 choices each day.

- 1 teaspoon margarine, oil, mayonnaise
- 2 teaspoons diet margarine or diet mayonnaise
- 1 tablespoon salad dressing
- 2 tablespoons reduced-calorie salad dressing



Free Food  
35 calories

## YOUR FOOD CHOICES

Calories Each Day: \_\_\_\_\_

Meal Time: \_\_\_\_\_

Meal Time: \_\_\_\_\_

Meal Time: \_\_\_\_\_

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Snack Time: \_\_\_\_\_

Snack Time: \_\_\_\_\_

Snack Time: \_\_\_\_\_

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